

Adventure

Skill Level Key

This rating system is designed to inform you of the skill and fitness level, which is required to enjoy and be safe while participating in Raleigh's Adventure Programs.

Level 1 – No prior knowledge or experience is necessary, with basic fitness level. A basic fitness level is half an hour of aerobic activity 3 times a week.

Level 2 – Some previous experience is recommended, with moderate fitness level. A moderate fitness level is an hour of aerobic activity 3 times a week.

Level 3 – Familiar with the activity, with moderate to good fitness level. A good fitness level is anything over an hour of aerobic activity 3 times a week.

Please Note: Programs listed with multiple skill levels, have suitable terrain to challenge each level of participant.

Teen

Wintergreen Ski Trip

Location: Slope and Sail, Glenwood Avenue
Age: 12-17yrs. Start the New Year off with a day of skiing. Join us on a trip to Wintergreen, Virginia for a whole day of skiing or snowboarding. Wintergreen offers some of the best skiing and snowboarding in the Blue Ridge Mountains. The trip includes the bus ride round trip, lift ticket, ski or snowboard rentals, a lesson and supervision for the day. Class fee: \$TBD

Level 1
#76933 February 16 M 4:15am-9:30pm

Adult

ACA Kayak Instructor Certification

Location: Wade Ave Administrative Office Bldg.
Age: 18yrs and up. ACA Kayak Instructor Course is for those with previous kayaking experience who wish to become certified guides. There are several different levels of kayak instructor certifications for various levels of experience you possess. Share your knowledge with others and become a certified kayak instructor. Register today. Call for information. Class Fee: \$350

ACA Whitewater Kayak Instructor Course (IDW & ICE)
#77146 Apr 24-26, May 8-10 F-Su times vary

Bike Maintenance

Location: Wade Ave Administrative Office Bldg.
Age: 14yrs and up. Stop paying for costly bike repairs that can be done on your own! Learn how to wrench on your bike for less than the cost of having flats changed for you! Participants of this course will learn to change flat tires, adjust gears and brakes, and look after the well being of your beloved bicycle. Road bikes, mountain bikes, comforts and cruisers it doesn't matter we

will have you back on your ride lickity split. Spend more time riding and less time waiting on repairs! Bring your bike and wear clothes that can get dirty. This course is adult oriented. Participants ages 14-15 must be accompanied by an adult participating in the program. Contact the Adventure Program at 919-831-6855. Class Fee: \$15

Level 1
#76968 Apr 15 W 6:00-9:00pm

Coastal Carolina Kayaking

Location: Wade Ave Administrative Office Bldg.
Age: 18yrs and up. You need a break. The best thing is to get out of town. How about a weekend excursion to Carolina Beach? Join the Adventure Program and experience beach camping at its finest, sea kayaking in inlets and around islands of the Cape Fear Coast, and a night out on the town. Sea kayaking fundamentals and excursions will be covered by professionally certified instructors, and hiking opportunities for the weekend include Carolina Beach State Park and Fort Fisher. Students must have basic swimming ability and comfort in water. There is a pre-trip meeting on Wednesday April 15, please plan to attend. For more information, please call 831-6855. Class Fee: \$165

Level 1 and 2
#76961 Apr 18-19 Sa-Su 8:00am-11:00pm

Introduction to Rock Climbing

Location: Wade Ave Administrative Office Bldg.
Age: 14yrs and up. Designed for beginners, this class will provide a basic foundation for getting started in climbing. Instructors will introduce participants to the use and care of climbing equipment, how to tie climbing knots as well as teach you how to manage the most basic rope system known as belaying. Join the Adventure Staff for a challenging evening of indoor rock climbing at one of the Triangle's modern rock gyms, The Vertical Edge. Adventure staff will focus on teaching concepts associated with belaying and will provide adequate practice to hone it into an acquired skill. By the end of the class participants will be ready to take any climbing center belay test, which is a requirement to utilize indoor climbing facilities. Equipment, instruction, transportation, and plenty of climbing opportunities will be provided. Participants ages 14-15 must be accompanied by an adult. Class Fee: \$30

Level 1
#76956 Feb 11 W 6:00-10:00pm
#76957 Mar 11 W 6:00-10:00pm

Introduction to Whitewater Kayaking

Location: Wade Ave Administrative Office Bldg.
Age: 14yrs and up. Welcome to the world of whitewater, we've been expecting you. This is the first course in our series of instructional programs designed to get you out there paddling Whitewater. Our course starts from the ground up and builds a foundation of skills you will take with you through the rest of your paddling career.

Our instructors work with you one on one to develop your techniques in paddle strokes, boat control, reading water and assisted rescues. We do this by combining classroom and hands on instruction so that you not only understand but can apply the principles of quality paddling. This supportive environment and teaching progression begins with work on dry land then moves to flat-water preparing students for paddling trips on local Class I-II whitewater. Equipment, transportation, and instruction are provided. There will also be a pre-trip meeting the Friday before the trip, please plan to attend. Students must have basic swimming ability and comfort under water. Class Fee: \$160

Level 1 and 2
#76960 Apr 4-5 Sa-Su 8:00am-5:00pm

Kayak Basics

Location: Pullen Aquatic Center
Age: 12yrs and up. Get a jump start on the spring boating season. This course is offered for those wishing to learn more about the sport of kayaking, especially before warmer weather arrives. This 6 hour course provides a comfortable and pleasant pool environment in which to learn. The water is warm and clear and the instructors are calm and friendly. This 2-day course will help lay a strong foundation of skills so you will be ready for moving water instruction when spring arrives. Participants should have basic swimming ability and comfort under water, but kayak experience is not required. Equipment and instruction are provided. This program is adult oriented with minimum age of 12. Ages 12-15 must be accompanied by an adult. Class Fee: \$65

Level 1
#76951 Jan 31-Feb 1 Sa-Su 2:30-5:30pm
#76952 Mar 21-22 Sa-Su 2:30-5:30pm

Kayak Pool Sessions

Location: Pullen Aquatic Center
Age: 12yrs and up. Kayak pool sessions occur Friday evenings at Pullen Aquatic Center from November through March. These sessions are for both seasoned paddlers, working on aspects of their roll, and people who would like to try out the sport. Roll instruction is not provided, but basic boat orientation for beginners is offered. Roll sessions are adult oriented, although youth paddlers ages 12-15 years old are welcome when accompanied by adults. Participants younger than 12 may attend with the appropriate equipment, parental supervision, and with pre-approval by the Adventure program managers. Due to holidays some sessions may be cancelled; call ahead to confirm. For more information, please call 831-6855. Admission is \$5 for residents and \$6 for non-residents. There is a \$2 additional charge to rent a kayak. Class Fee: \$5

Level 1, 2 and 3
#76991 Jan 2 F 6:00-8:00pm
#76990 Jan 9 F 6:00-8:00pm

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|--------|--------|---|-------------|
| #76992 | Jan 16 | F | 6:00-8:00pm |
| #76993 | Jan 30 | F | 6:00-8:00pm |
| #76994 | Feb 20 | F | 6:00-8:00pm |
| #76988 | Feb 27 | F | 6:00-8:00pm |
| #76995 | Mar 13 | F | 6:00-8:00pm |
| #76989 | Mar 20 | F | 6:00-8:00pm |
| #77009 | Apr 17 | F | 6:00-8:00pm |

Uwharrie National Forest Trip

Location: Wade Ave Administrative Office Bldg.
Age: 14yrs and up. Life is about variety.
Come ride with us and try something new.
This one day destination trip is a great way to experience a whole new system of Mountain Biking Trails. Just a short drive away, Uwharrie National Forest offers trails to challenge intermediate riders. This trip is less about instruction and more about applying the skills you learned in previous courses to enjoy the trails outside the Triangle. Our trip leaders will act as guides tailoring the ride to the group's energy and skill level. As always we strive to provide appropriate challenges, positive feedback and a sense of team as we ride. Class Fee: \$25

Level 2

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|--------|--------|----|---------------|
| #76977 | Apr 25 | Sa | 8:00am-6:00pm |
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Wilderness First Aid

Location: Durant Nature Park
Age: 18yrs and up. You and a small group of friends are on a 3 mile hike to see a waterfall when John slips, falls, and twists his ankle. John can't stand on his own and has several cuts from his fall...now what? Find out what to do in our intensive backcountry medical training course. This 16-hour, hands-on Wilderness First Aid course will cover ways to deal with many medical emergencies when dialing 911 might not be an option. Not only is this course informative, but the scenarios enacted are exciting and fun too! Wilderness First Aid has become the minimum standard of care for people who are responsible for others in the outdoors. Join the Adventure Program and Wilderness Medical Associates for a course aimed at our fellow outdoor enthusiasts, adventurers, and trip leaders. No prerequisites. The minimum age is for this course is 18. For more information, please call 831-6855. Class Fee: \$210

Level 1

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|--------|-----------|-------|---------------|
| #76940 | Feb 14-15 | Sa-Su | 8:00am-6:00pm |
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Wilderness First Responder Recertification Course

Location: Durant Nature Park
Age: 18yrs and up. You have taken Wilderness First Responder but it is going to expire soon. Act now and sign up for this intensive three day Wilderness Medical Associates course that will show you how to problem solve and make the critical decisions necessary for survival when medical help is not around. Wilderness Medical Associates instructors bring ample training and real-life experiences to help you see what emergencies could potentially occur in the outdoors. The course includes classroom

instruction and practical hands-on training. Review the material, practice the skills and renew your certification in half the time of the original certification course. Class Fee: \$250

Level 2

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|--------|---------|------|---------------|
| #76930 | Mar 6-8 | F-Su | 8:00am-6:00pm |
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Aquatics

Preschool

Parent & Child Swim Lesson Level A

Age: 6-18mths. For children who have little or no previous water experiences. The purpose of this course is to help develop swimming readiness. Parents and their children will be led in water exploration activities with the objective of having fun and becoming comfortable with the water. Children with two or more previous sessions in the water who submerge only reluctantly (or not at all) or require flotation support at all times should enroll in Parent & Child Level B. Class Fee: \$47

Millbrook Road

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|--------|---------------|------|-----------------|
| #73033 | Jan 5-28 | M,W | 5:30-6:00pm |
| #73034 | Jan 5-28 | M,W | 11:30am-12:00pm |
| #73035 | Jan 6-29 | T,Th | 10:00-10:30am |
| #73036 | Feb 2-25 | M,W | 11:30-12:00pm |
| #73037 | Feb 2-25 | M,W | 5:30-6:00pm |
| #73038 | Feb 3-26 | T,Th | 10:00-10:30am |
| #73039 | Mar 2-25 | M,W | 11:30am-12:00pm |
| #73040 | Mar 2-25 | M,W | 5:30-6:00pm |
| #73041 | Mar 3-26 | T,Th | 10:00-10:30am |
| #73042 | Mar 30-Apr 29 | M,W | 11:30am-12:00pm |
| #73043 | Mar 30-Apr 29 | M,W | 5:30-6:00pm |
| #73044 | Mar 31-Apr 30 | T,Th | 10:00-10:30am |
| #73045 | Apr 4-May 2 | Sa | 9:00-9:45am |

Pullen Aquatic Center

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|--------|---------------|------|---------------|
| #73354 | Jan 6-29 | T,Th | 10:00-10:30am |
| #73355 | Jan 6-29 | T,Th | 5:45-6:15pm |
| #73356 | Jan 10-31 | Sa | 9:00-9:45am |
| #73357 | Mar 3-26 | T,Th | 10:00-10:30am |
| #73358 | Mar 3-26 | T,Th | 5:45-6:15pm |
| #73360 | Mar 31-Apr 30 | T,Th | 10:00-10:30am |
| #73361 | Mar 31-Apr 30 | T,Th | 5:45-6:15pm |

Parent & Child Swim Lesson Level B

Age: 18mths-5yrs. For children who have little or no previous water experiences. Purpose of this course is to help develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around the water. Children ready to learn without a parent or caregiver should enroll in an appropriate Learn-to-Swim Level. Class Fee: \$47

Millbrook

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|--------|---------------|-----|---------------|
| #73046 | Jan 5-28 | M,W | 12:00-12:30pm |
| #73047 | Jan 5-28 | M,W | 6:10-6:40pm |
| #73048 | Feb 2-25 | M,W | 12:00-12:30pm |
| #73049 | Feb 2-25 | M,W | 6:10-6:40pm |
| #73050 | Mar 2-25 | M,W | 12:00-12:30pm |
| #73051 | Mar 2-25 | M,W | 6:10-6:40pm |
| #73052 | Mar 30-Apr 29 | M,W | 12:00-12:30pm |
| #73053 | Mar 30-Apr 29 | M,W | 6:10-6:40pm |
| #73054 | Apr 4-May 2 | Sa | 10:00-10:45am |

Pullen Aquatic Center

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|--------|---------------|------|---------------|
| #73363 | Jan 6-29 | T,Th | 11:20-11:50am |
| #73364 | Jan 6-29 | T,Th | 6:25-6:55pm |
| #73365 | Feb 3-26 | T,Th | 11:20-11:50am |
| #73366 | Feb 3-26 | T,Th | 6:25-6:55pm |
| #73367 | Jan 10-31 | Sa | 10:00-10:45am |
| #73368 | Mar 3-26 | T,Th | 11:20-11:50am |
| #73373 | Mar 3-26 | T,Th | 6:25-6:55pm |
| #73374 | Mar 31-Apr 30 | T,Th | 11:20-11:50am |
| #73375 | Mar 31-Apr 30 | T,Th | 6:25-6:55pm |

Swim Lesson – Preschool Level 1 Intro

Age: 3-5yrs. Level 1 participants learn to:

- Enter and exit water safely
- Submerge mouth, nose and eyes
- Exhale underwater through mouth and nose
- Open eyes underwater, pick up submerged object
- Roll over from front to back and back to front with support
- Explore floating on front and back with support
- Explore swimming on front and back using arm and leg actions with support
- Use a life jacket
- Level 1 participants receive a **Raffy Learns to Swim** full-color booklet that reinforces learning and provides parents with additional information about their child's progress.

Class Fee: \$47

Millbrook Pool

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|--------|---------------|------|---------------|
| #73055 | Jan 5-28 | M,W | 4:50-5:20pm |
| #73056 | Jan 5-28 | M,W | 4:50-5:20pm |
| #73057 | Jan 5-28 | M,W | 5:30-6:00pm |
| #73058 | Jan 5-28 | M,W | 6:10-6:40pm |
| #73059 | Jan 6-29 | T,Th | 10:00-10:30am |
| #73060 | Jan 6-29 | T,Th | 10:40-11:10am |
| #73061 | Feb 2-25 | M,W | 4:50-5:20pm |
| #73062 | Feb 2-25 | M,W | 4:50-5:20pm |
| #73063 | Feb 2-25 | M,W | 5:30-6:00pm |
| #73064 | Feb 2-25 | M,W | 6:10-6:40pm |
| #73065 | Feb 3-26 | T,Th | 10:00-10:30am |
| #73066 | Feb 3-26 | T,Th | 10:40-11:10am |
| #73067 | Mar 2-25 | M,W | 4:50-5:20pm |
| #73068 | Mar 2-25 | M,W | 4:50-5:20pm |
| #73069 | Mar 2-25 | M,W | 5:30-6:00pm |
| #73070 | Mar 2-25 | M,W | 6:10-6:40pm |
| #73071 | Mar 3-26 | T,Th | 10:00-10:30am |
| #73072 | Mar 3-26 | T,Th | 10:40-11:10am |
| #73073 | Mar 30-Apr 29 | M,W | 4:50-5:20pm |
| #73074 | Mar 30-Apr 29 | M,W | 4:50-5:20pm |
| #73075 | Mar 30-Apr 29 | M,W | 5:30-6:00pm |
| #73076 | Mar 30-Apr 29 | M,W | 6:10-6:40pm |
| #73081 | Mar 31-Apr 30 | T,Th | 10:00-10:30am |
| #73082 | Mar 31-Apr 30 | T,Th | 10:40-11:10am |
| #73083 | Apr 4-May 2 | Sa | 9:00-9:45am |

Pullen Aquatic Center

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|--------|---------------|------|---------------|
| #73380 | Jan 6-29 | T,Th | 10:00-10:30am |
| #73384 | Jan 6-29 | T,Th | 10:40-11:10am |
| #73385 | Jan 6-29 | T,Th | 5:45-6:15pm |
| #73386 | Jan 6-29 | T,Th | 6:25-6:55pm |
| #73387 | Feb 3-26 | T,Th | 10:00-10:30am |
| #73388 | Feb 3-26 | T,Th | 5:45-6:15pm |
| #73390 | Feb 3-26 | T,Th | 6:25-6:55pm |
| #73392 | Jan 10-31 | Sa | 11:00-11:45am |
| #73393 | Mar 3-26 | T,Th | 10:40-11:10am |
| #73395 | Mar 3-26 | T,Th | 5:45-6:15pm |
| #73396 | Mar 3-26 | T,Th | 6:25-6:55pm |
| #73399 | Mar 31-Apr 30 | T,Th | 10:00-10:30am |
| #73400 | Mar 31-Apr 30 | T,Th | 10:40-11:10am |

Pullen Preschool Swim continued next page —